

The effectiveness of collective guidance program using cognitive behavioral therapy in reducing anxiety and pessimism And its relationship to the quality of life in a sample of mothers of children with cancer

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Summary:

The current study sought to identify the effectiveness of the collective guidance program in reducing anxiety and pessimism and improve the quality of life feeling among a sample of mothers of children with cancer. Through verify the validity of the following hypotheses

- 1 - There were statistically significant differences at the level (0.05), between the average scores of the experimental group, and the average members of the control group scores on a scale measuring anxiety in posttest.
- 2 - There are statistically significant differences at the level (0.05), between the average scores of the experimental group, and the average members of the control group scores on a scale of pessimism in the post measurement.
- 3 - There are statistically significant differences at the level (0.05), between the average scores of the experimental group, and the average members of the control group scores on a scale measuring quality of life in the posttest.
- 4 - There are no differences y s statistical significance between the mean scores of the experimental group, on measures of the study (a measure of concern to mothers, the scale of pessimism, measure quality of life), the measurement posttest and the average Drjathen on the same three measures in the measurement *التتبعي* month after the end of the program indicative.

Has applied study on a sample of (40) Single mothers of children with cancer, were randomly divided into two equal groups: the experimental group received their Indicative Programme, which is based on the approach Ela c cognitive-behavioral, and the control group that did not receive any counseling program, has yielded results analysis of covariance for the presence of statistically significant differences in measurement posttest between the experimental and control groups of mothers on measures of the study. (a measure of concern moms, and the measure of pessimism, and the measure of quality of life), where it decreased level of anxiety, pessimism and improved sense of quality of life, the mothers in the group pilot with the highest degree of mothers in the control group, as indicated by the results of comparisons dimensional tracking of members of the experimental group to the continued improvement in the experimental group, even a month after the end of the program.

Key words: collective guidance program, anxiety, pessimism, quality of life, mothers of children with cancer, cognitive-behavioral counseling